Welcome to the latest issue of Healthy Focus.

At Duke Raleigh Hospital, it is our goal to serve as a comprehensive center of healing for residents of Wake County. Beyond this mission, however, we also seek to serve as a cornerstone of our community, contributing through volunteer services and other charitable activities. In this issue of Healthy Focus, we will take a closer look at several of the advanced services we offer the community, as well as the ways we give back to our neighbors.

On page 4, we spotlight our comprehensive lung cancer program and the compassionate care provided by our experienced team. See page 7 to read about our tremendous collaboration with the United Way of the Greater Triangle. Working together, we have helped raise significant funds to continue many of our area’s important programs that serve the less fortunate. I am proud of the efforts we have made to support the Triangle and I anticipate continued success as the year unfolds.

As always, thank you for reading, and thank you for choosing Duke Raleigh Hospital!

Sincerely,
Douglas B. Vinsel
President

Meet Dr. Viviano

Duke Raleigh Hospital is pleased to welcome Charles Viviano, MD, PhD, board-certified urologist, to our medical team. With a PhD in toxicology from the University of North Carolina at Chapel Hill, Dr. Viviano earned his medical degree from the University of Connecticut School of Medicine, where he also completed both his general surgery internship and urology residency.

Before coming to Duke Urology of Raleigh, Dr. Viviano had a private urology practice in Connecticut for five years.

“I looked forward to returning to the Triangle because it’s a great place to raise a family and is full of growth, excitement and opportunity,” Dr. Viviano says. “Duke Raleigh gives me the chance to practice urology alongside recognized leaders in the field in a wonderful, community hospital environment.”

To learn more or to make an appointment, visit dukehealth.org or call 919-862-5600.

Campus Transformation

This summer, Duke Raleigh Hospital’s patients will benefit from the completion of four major construction projects on the hospital’s campus. Among these is the emergency department renovation, which increased the unit’s capacity by 40 percent and includes a redesigned entrance, more comfortable waiting areas for patients and family members, and 11 new treatment rooms.

“Duke Raleigh Hospital is committed to growing according to the needs of those we serve,” says Yvonne Weed, director of emergency services at Duke Raleigh. “In addition to our new rooms, we have added a triage physician who is available Monday through Friday, from noon until 10 p.m. This allows physicians to see patients immediately, expedite orders and render care quickly.”

Duke Raleigh’s cardiovascular and neurological services are also being enhanced with the addition of a bi-plane catheterization lab providing the capability for atrial fibrillation procedures, other electrophysiology procedures and advanced neurovascular procedures.

Duke Raleigh’s surgical facilities have also expanded with a two-level addition, which includes two new operating rooms and renovation of the existing surgery department, preoperative suite and post anesthesia care unit. Finally, Duke Raleigh’s diagnostic services have grown with the addition of a second fixed MRI scanner.

To learn more about these campus projects and their completion, visit dukeraleighhospital.org.

Find the hidden acorn and be entered to win an iPod Shuffle!

Fill out and mail the business reply card found in this issue to submit your entry, or visit us online at dukeraleighhospital.org/focus to fill out an online form. All entries must be received by July 31, 2012. Must be 18 years or older to enter. Duke University Health System employees and their immediate family members are not eligible to win.
Putting an Ear to Hearing Loss

While it’s normal to miss part of a conversation every once in a while, if you find yourself constantly struggling to keep up, you could be experiencing hearing loss. According to the Hearing Loss Association of America, approximately 17 percent of Americans currently have some type of hearing loss.

“Hearing loss is becoming more common, especially since we are living longer,” says Calhoun D. Cunningham III, MD, assistant professor of surgery at Duke University Medical Center and otolaryngologist at Duke Raleigh Hospital. “If you suspect hearing loss, especially if it is sudden in onset, consult your healthcare provider as soon as possible.”

Dr. Cunningham treats a variety of causes of hearing loss, including sensorineural hearing loss—which often results from aging—and conductive hearing loss—which may occur with ear infections.

“When hearing loss is suspected, the first step is to examine the ear to make sure there are no obvious problems with the ear canal, eardrum or middle ear space,” says Dr. Cunningham. “Next, a hearing test is performed by an audiologist to assess hearing and determine if conductive hearing loss or sensorineural hearing loss is the cause.”

SMART WAYS TO SAVE YOUR HEARING

When left untreated, hearing loss can become permanent. Fortunately, there are ways to keep your hearing in tip-top shape, including:

• Focus on your overall health. Conditions such as high cholesterol and diabetes can also play a part in hearing loss, so maintaining your weight with a balanced diet and regular exercise can help buffer future hearing loss.

• Protect your ears. When using power tools or operating noisy machinery, make sure you’re wearing appropriate protective ear plugs or ear muffs.

• Turn the volume down. Mp3 player and iPod use has led to a rise in hearing problems in both teenagers and middle-aged adults. Be diligent in keeping the volume at lower than half of the maximum. Don’t be afraid to ask others to turn the volume down when at a party.

Visit dukehealth.org or call 919-862-5730 for more information.

“Hearing loss can greatly impact a person’s quality of life and ability to maintain healthy social activities at home and in the workplace, but most causes are treatable.”

—Calhoun D. Cunningham III, MD, assistant professor of surgery at Duke University Medical Center and otolaryngologist at Duke Raleigh Hospital

Meet Dr. Cunningham

Calhoun D. Cunningham III, MD, assistant professor of surgery at Duke University Medical Center and otolaryngologist at Duke Raleigh Hospital, received his medical degree from the Medical University of South Carolina College of Medicine, where he also completed his residency. He then went on to complete a fellowship at the House Ear Clinic in Los Angeles. Dr. Cunningham is dual board-certified in both otolaryngology and neurotology by the American Board of Otolaryngology.
Duke Raleigh Hospital’s lung cancer care program is a multidisciplinary clinic comprised of lung cancer specialists who provide comprehensive care. “Our life’s passion is to help patients with lung cancer, caring for them from illness to recovery,” says Jennifer Garst, MD, medical oncologist, director of clinical research at Duke Raleigh cancer center and chair of the North Carolina Lung Cancer Partnership. “We combine the skills and experience of lung cancer specialists to form our team, which includes a medical oncologist, radiation oncologist, pulmonologist and two surgeons.”

CommuniTy ConneCTionS

Working closely with family practice physicians in the area, the lung cancer care program is able to act on referrals quickly when primary care physicians suspect lung cancer. “At other facilities, it can take up to six weeks for patients to be seen by a lung cancer specialist,” says David White, MD, non-cardiac thoracic surgeon at Duke Raleigh Cancer Center. “At Duke Raleigh, patients are seen within seven days of referral as we understand the importance of time and efficiency when dealing with lung cancer.”

CLEARING THE PATH

To further serve patients, the lung cancer care program practices organized, timesaving processes to help simplify the journey through cancer treatment. The orderly structure depends on one of the most significant contributors to the program—our nurse navigator.

Meet the Team

The multidisciplinary team that makes up the Duke Raleigh Hospital lung cancer care program is comprised of the following lung cancer specialists:

- Albert Chang, MD, non-cardiac thoracic surgeon
- Catherine Chang, MD, radiation oncologist
- Lisa Dowd, MS, ANP-BC
- Jennifer Garst, MD, medical oncologist, director of clinical research at Duke Raleigh Cancer Center and chair of the North Carolina Lung Cancer Partnership
- Katie Gillis, PA-C
- Carol Hahn, MD, radiation oncologist, medical director of radiation oncology at Duke Raleigh Cancer Center
- Kamran Mahmood, MD, MPH, interventional pulmonologist
- Momen Wahidi, MD, MBA, lung cancer pulmonologist, director of interventional pulmonology and bronchoscopy at Duke University Medical Center
- David White, MD, non-cardiac thoracic surgeon
- Brenda Wilcox, RN, patient navigator

Lung cancer is the leading cancer killer of men and women, causing more deaths than breast, prostate and colon cancers combined, according to the Centers for Disease Control and Prevention.

Receiving a lung cancer diagnosis can be overwhelming and stressful, but patients in Wake County can breathe a little easier knowing top-notch lung cancer care is available right here in the Raleigh community.

Duke Raleigh Hospital’s lung cancer care program is a multidisciplinary clinic comprised of lung cancer specialists who provide comprehensive care.

COMMUNITY CONNECTIONS

Working closely with family practice physicians in the area, the lung cancer care program is able to act on referrals quickly when primary care physicians suspect lung cancer.

COMPLETE CARE UNDER ONE ROOF

Once patients arrive at Duke Raleigh Cancer Center, each specialist visits their room and assesses the patient, completing an entire evaluation in a single morning.

After each of us have seen the patient, we do a group huddle to discuss a care plan that
will be most beneficial to our patient,” says Catherine Chang, MD, radiation oncologist at Duke Raleigh Cancer Center. “We formulate a unique treatment plan that has been agreed upon by all specialists before we move forward.”

Once a course of action has been determined, the lung cancer care team begins treatment, utilizing state-of-the-art services, such as:
- 3D image planning capabilities
- custom-designed treatment based on genetic markers
- endobronchial ultrasound biopsy
- keyhole surgery
- navigational bronchoscopy
- on-board imaging

Realizing the value of clear communication throughout this process, Duke Raleigh Cancer Center keeps our patients’ family practice physicians informed about treatment plans and new developments throughout the entire process.

CARING FOR MORE THAN A DISEASE
“Cancer affects patients physically but also emotionally, mentally and psychologically,” says Albert Chang, MD, non-cardiac thoracic surgeon at Duke Raleigh Cancer Center. “We recognize these needs and help patients find the support and encouragement they require during this time.”

To help care for our patients, we cover all angles by providing support services, such as:
- access to established support groups
- emotional counseling
- genetic counseling
- smoking cessation counseling
- social worker guidance
- spiritual support

To learn more about Duke Raleigh Cancer Center’s lung cancer care program, visit dukeraleighhospital.org or call 919-954-3877.
Don’t let the fear of a hip replacement keep you from visiting the orthopaedist. Hip arthroscopy makes it possible to repair certain conditions without hip replacement surgery.

During the procedure, an orthopaedic surgeon places one-centimeter incisions in the appropriate area. He or she will insert an arthroscope—an instrument equipped with a camera and a lens—that allows the surgeon to observe the inside of the hip.

With the arthroscope guiding the way, the surgeon conducts the procedure. Some of the conditions that can benefit from hip arthroscopy, include:
- damaged bone, cartilage or tendons
- hip impingement syndrome
- torn labrum

Hip arthroscopy is minimally invasive, and patients can have the surgery as an outpatient procedure.

The surgery that keeps you going

“If your hip is bothering you, don’t blame it on your age,” says David T. Jones, MD, orthopaedist at The Bone & Joint Surgery Clinic and on staff at Duke Raleigh Hospital. “You need to have it evaluated to prevent problems that could occur later.”

From knitting to gardening, many people have hobbies or activities they enjoy. For Frank Lilley, that activity is running. When hip pain significantly inhibited his running routine, however, he knew it was time to find a solution.

At 62 years old, Frank is an ultrarunner. While marathon runners run 26.2 mile courses, ultrarunners train to run long distances for extended periods of time that exceed the length of a marathon, such as a 50-mile run.

After Frank had his hip examined, he learned that his pain came from damage to his labrum—cartilage around his hip—and hip impingement. To avoid having a hip replacement, Frank went to David T. Jones, MD, orthopaedist at Duke Raleigh Hospital, for hip arthroscopy.

“During my running career, I’ve had several knee operations and two arthroscopic surgeries,” says Frank. “After each of the procedures, I was able to return to running. Having hip arthroscopy, unlike a hip replacement, would allow me to keep running.”

Hip arthroscopy is a minimally invasive procedure that would allow Dr. Jones to repair the hip damage, alleviating the pain and enabling Frank to continue running. Once the procedure was complete, Frank began the rehabilitation process to get himself back on track.

Only months after surgery, Frank is already training for his ultimate goal—a 100-mile run. While he says he is still on the road to recovery, Frank is currently running around 25 miles per week. However, he says before the 100-mile run, he will need to able to complete a long run of 50 miles.

“Since the arthroscopy, my ability to run is better than it was before the surgery, and my quality of life has improved dramatically,” says Frank. “I’m convinced that this procedure will keep me running for a number of years.”

Are you feeling out of joint? Visit dukeraleighhospital.org to learn more about the Orthopaedic and Spine Center.
As an ambassador of healthy living to the Triangle, Duke Raleigh Hospital is involved with social, psychological and physical health initiatives. Employees at the hospital financially support more than 75 charitable organizations through a partnership with the United Way of the Greater Triangle.

Employees connect with local charities with the help of the hospital’s campaign chair, Rev. Adrian Dixon. Although Duke Raleigh is known for its advanced medical capabilities, this kind of involvement shows that the hospital really cares about the community.

Duke Raleigh’s president, Doug Vinsel, chaired the 2011 five-county campaign for the United Way. Under his leadership, the hospital raised $101,352 in two weeks. Giving came from every segment of the hospital, from environmental services to the emergency department.

To learn more about Duke Raleigh’s partnership with the United Way, visit dukeraleighcares.org.

Beth’s Dixie Speckled Butter Bean & Corn Salad Recipe
As Seen on Tarheel Foodie

INGREDIENTS
1 cup shelled, cooked Dixie Speckled butter beans
3/4 cup roasted or steamed corn (leftover from corn on the cob will work just fine)
2 tablespoons finely chopped sweet onion
1 teaspoon fresh, finely chopped shishito peppers (jalapeno if you like hotter)
Squeeze or two of lime juice (not much)
Murrays River or Himalayan Sea Salt
A dash of fresh ground pepper
Salad greens
1/2 avocado chopped (optional)

PREPARATION
Gently mix all of the ingredients except the salad greens and avocado together. Add the avocado last and gently turn it into the salad. Serve on small bed of “shade grown” summer salad greens.
The P.G. Fox Society Compassionate Care Award is given annually to an individual who has demonstrated a sustained dedication to civic participation and an ability to inspire others to make service a central part of their lives. The award is a bronze sculpture of one hand embracing another, based on a well-known photograph of Dr. Fox taking care of N.C. State basketball legend David Thompson in 1974.

“Trent Ragland epitomizes what it means to provide compassionate care and is so deserving of this honor,” says Powell G. Fox, Jr., MD, Duke Raleigh chief medical officer, emeritus. “It’s hard to imagine our community without the tremendous impact that he has had on so many of our people and causes.”

Born in Salisbury and raised in Raleigh, Trent earned his bachelor’s degree at the University of North Carolina at Chapel Hill and went to work for his father and uncle, co-founders of the Superior Stone Company. After serving in the U.S. Navy during World War II, he returned to Superior Stone and became president for more than 23 years. Under his leadership, the company became a major producer of crushed stone products in the Southeast and eventually merged into Martin Marietta Materials.

In 1959, Trent established the W. Trent Ragland, Jr. Trust, which has made generous contributions in support of higher education, youth services, historic preservation, environmental protection, the homeless and arts and culture for more than 50 years.

Trent’s legacy in public service includes roles within more than 20 nonprofit organizations and state government agencies including serving as the chair of the Independent College Fund of North Carolina and Peace College Board of Trustees and board member for the N.C. Department of Conservation and Development, Kate B. Reynolds Charitable Trust and the Atlantic and East Carolina Railway and North Carolina Railroad.

“In every community there are probably people with whom you want to be associated. I believe that is the case here in Raleigh—that there are people whose style, grace and goodness eclipse even their capacity for financial support. Raleigh is a better place because of the financial contributions of Trent Ragland, and it is an even greater place because Trent lives here,” says Ralph Capps, president and CEO of the Boys & Girls Clubs of Wake County as a part of a personal tribute to Ragland during the program.

In addition to tributes offered by Capps and Laura Bingham, attendees enjoyed an inspirational address given by David Thompson. The program was hosted by WRAL’s David Crabtree.